






November 2015

Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dog Nuggets Tomato Soup Crispy Baby Carrots Steamed Carrots Choice of Fruit	3 No School  Election Day	4 Soft Shell Taco Rice Lettuce & Tomato Salsa & Sour Cream Shredded Cheese Refried Beans Choice of Fruit	5 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Corn Choice of Fruit	6 Soft Bread Sticks Meat Sauce Caesar Salad Shredded Cheese Steamed Spinach Choice of Fruit
9 Cheese Calzone Steamed Edamame Choice of Fruit	10 French Toast Sticks Potato Puffs Sausage Links Vegetable Juice Corn Choice of fruit	11 No School  Veterans Day	12 Pasta & Meat Sauce Whole Wheat Dinner Roll Garden Salad Steamed Spinach Choice of Fruit	13 Buffalo Chicken Pizza Crispy Carrots & Low Fat Dip Steamed Carrots Choice of Fruit
16 Chicken Nuggets Roasted Red Skin Potatoes Whole Wheat Dinner Roll Steamed Carrots Choice of Fruit	17 Low Fat Mozzarella Sticks Marinara Sauce Whole Wheat Pasta Steamed Broccoli Choice of Fruit	18 Baked Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Corn Choice of Fruit	19 Nacho Supreme Baked Tortilla Chips Taco Meat Rice Mexican Black Beans Lettuce, Tomato, Salsa & Sour Cream Cheese Sauce Choice of Fruit	20 Pizza Wedge Mixed Vegetables Choice of Fruit
23 Spicy Breaded Mozzarella Nuggets Carrot & Celery Sticks Steamed Carrots Choice of Fruit	24 Soft Bread Sticks Meat Sauce Caesar Salad Shredded Cheese Steamed Spinach Choice of Fruit	25 Cheese or Chicken Quesadilla Refried Beans Choice of Fruit	26 	
30 Cheese Filled Breadsticks Marinara Sauce Whole Wheat Pasta Steamed Carrots Choice of Fruit		Milk is available with all lunches Daily Milk Choices include: 1%, Skim, Fat Free Flavored	Fruit choices include a variety of fresh, canned, and 100% fruit juice.	

Menu subject to change

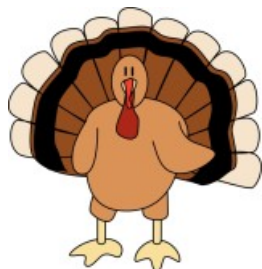
Please log onto www.ezschoollpay.com to monitor your child's account or call 860-647-3462

Student Lunch Price: \$2.45 – Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.25

Student Breakfast: \$1.25 – Reduced Breakfast: \$.30

Milk Only: \$.50



Manchester's Message
for a healthier you.

